

Behavioral Health Consultants, LLC
Employee Assistance Program

Coping With the Stress of COVID-19

Reduce anxiety with healthy actions that make you feel safe. The Centers for Disease Control (CDC) suggests washing hands frequently with soap for at least 20 seconds or use an alcohol-based hand sanitizer. We recommend you visit the CDC web site for all of their recommendations.

Stay Connected

Seek support from family, friends, mentors, clergy and neighbors. Be flexible and creative in accessing support via phone, email, text messaging and video calls.

Cultivate Ways to be More Calm

It is understandable to feel anxious and worried about what may happen, especially when many aspects of life are being affected. If you get more stressed by watching the news then reduce your exposure especially right before bedtime. While our current situation can be stressful try to offset it with positive calming activities. Practice slow steady breathing and muscle relaxation as well as other actions that are calming for you (yoga, exercise, music, etc.)

We wanted to remind all employees of the free and confidential counseling programs offered through our Employee Assistance Program (EAP) – Behavioral Health Consultants, LLC (BHC). The EAP remains open for business. We have established the ability to provide telehealth services over the phone for those individuals who do not want to come to the office.

These difficult and challenging times not only impact you but can also impact your family. The EAP can provide support for you and your family. Although counseling cannot change the circumstances of what's happening it perhaps can help you process this change. During times of transition your EAP can assist you in managing stress and the uncertainty of change.

While fear of the unknown is difficult, we can place it into a manageable context by recognizing several important facts.

- First we are not going through this alone. We are experiencing these events along with the rest of the country and the world. Any future personal difficulties will not be experienced in isolation.
- Second, because we are not alone in our circumstances we should not blame ourselves unnecessarily for past decisions.
- Third the most important things in our life are the people who care about us. Don't lose sight of those important relationships during this period of uncertainty. They will be powerful aides in getting you through almost anything.

Behavioral Health Consultants
Employee Assistance Program
1 800 864-2742

Confidential, Convenient and Caring